



THE UNIVERSITY OF THE THIRD AGE

Heybridge U3A

News Sheet No.6/2019

July 2019

<https://u3asites.org.uk/heybridge>

Archive

www.heybridgeu3a.org.uk/archive/news.html

Registered charity number 1160360

	Page Number
Your Committee	1
From the Chairman	2
From the Editor	3
Membership Secretary	3
Interest Group Coordinator	3
Monthly Meetings	3
Group Reports	4
Detail of Events	14
Third Age Trust	14
From Other U3As	14
COG Names and contact details	15
Diary	16

Refreshment Group Rota

July	Art
August	Bird Watching
September	Cards

Please provide 3 people to serve refreshments

Your Committee

Chairman	Norman Cumming	
	chairman@heybridgeu3a.org.uk	
	01621 817200	
Vice Chair	Vacant	
Secretary	Linda Etherton	
	secretary@heybridgeu3a.org.uk	
	01621 843702	
Treasurer	Jill McGregor	
	treasurer@heybridgeu3a.org.uk	
	01621 842595	
Membership Secretary	Philippa Moody	
	membershipsecretary@heybridgeu3a.org.uk	
	01245 381379	
Events Secretary	Liz Cawdell	
	eventssecretary@heybridgeu3a.org.uk	
	07902 294741	
Groups Co-ordinator	Hilary Furniaux	
	groupsco-ordinator@heybridgeu3a.org.uk	
	07411 450634	
Speaker Secretary	Jan Brown	
	speakersecretary@heybridgeu3a.org.uk	
	01621 856989	
News Sheet Editor	Geoff Hadley	
	editor@heybridgeu3a.org.uk	
	01621 852494	

NEWS FROM THE COMMITTEE

From the Chair

The Speakers for June were a small team from The Essex search and rescue service now in its 17th year, and they were accompanied by a cockerpoo, it was an interesting afternoon and the dog was appreciated by all.

As some of you may know I am a bit of a gardener and as such I plan what to grow the following year, starting in the spring as I am planting out for the current year, I will be selecting what cuttings to take and what seeds to sow and when, so that we have a succession of colour or interest at most times of the year and it is this that then brings me back to the Heybridge U3A, and ,that as chairman I need to, with the aid of the committee have a **succession plan** in place for the Heybridge U3A as,

- In any voluntary service there are Givers and Takers.
- In the U3a the “Givers” are the committee, CoGs and helpers. The “Takers” are members who join together to enjoy similar hobbies, interests and friendships.
- Both are complementary to the success and health of the Heybridge U3A.
- As a responsible Committee we need to have **Succession** Planning in place **now**.
- The giving of your time and experience helps the Heybridge U3A to function, but fresh input is necessary to put a succession plan in place and ensure the continuance of the Heybridge U3A.
- Helping to run the Heybridge U3A to the greater good can be and is rewarding, satisfying, involving but not onerous.
- If you feel that you can utilize your experience to assist, you will be most welcome. Please make yourself known to any committee member for more information.
- We need people NOW shadowing committee members to ensure a smooth & seamless transition before the next AGM.
- Do not assume someone else will volunteer, you may well find they do not. If you enjoy the U3A activities and companionship, please help it flourish. Without your support it may fail.

In 2020 at the AGM it is possible that we may have 4 positions up for election and do not want to end the year with no plan in place, as unlike the garden I cannot resort to the local garden centre to replace what is missing.

The committee again invite any member to attend as an observer at our monthly committee meetings, held in The Claydon Room 1st Friday of the month 10.00am -12.00 noon. Please come along you may even enjoy it.

I know there must be a wealth of knowledge and experience out there, please use it to help us help you.

Do not forget to use the suggestion box on table in lobby at main meetings.

Norman Cumming chairman@heybridgeu3a.org.uk

From the Editor

The design of the Heybridge U3A News Sheet, and the reports that it contains, is a full-page layout of 16 pages in a large font. I would ask contributors to limit their photos to pictures of U3A generated activities and not copy pictures from Websites as, when published, this may be contrary to Copyright laws. Information about the Committee Members and their reports can be found in the first few pages. The back page shows the Diary for the months of July and August.. Please send reports for the August news sheet by the 26th July.

Geoff Hadley editor@heybridgeu3a.org.uk

From the Membership Secretary

We have welcomed five brand new members so far this year and most existing members have renewed. However a few have not and if you know anyone who does not want to continue as a member please let me know so I can take them off the list.

Unfortunately someone who has not renewed should not attend main or group meetings as they will not have the third party insurance cover provided by the U3A.

Philippa Moody membershipsecretary@heybridgeu3a.org.uk

Interest Groups Coordinator

The newly established "Eat the World" group has its first meal on 23rd July at the Sark in Maldon. Should anyone wish to join the group please see Liz Cawdell. I am sure it will be a successful group and I for one am looking forward to sampling dishes from around the world – without venturing too far from home!

Lynne Morrison has decided to step down from being COG of the Bowling Group. However she has managed to secure a new COG – Peter Harvey. This has meant that the starting time for bowling will have to change as Peter has other commitments. The new time is yet to be established at the time of going to print. I would like to thank Lynne for all her efforts over the last 6 years as COG and wish Peter well as the new COG.

Hilary Furniaux groupsco-ordinator@heybridgeu3a.org.uk

Monthly Meeting Speaker Programme for June to July 2019

Fri July 12 th	Del Shannon & Roy Orbison Story	Micheal Grillo
Fri Aug 9 th	A View From The Stalls Ballet Experiences	Marion Pettet
Fri Sep 13 th	Healthy Body Healthy Mind	Gavin Sandercock

I always welcome your comments, if you enjoyed a speaker, or not. Feel free to speak to me at our monthly meeting or send an email to the address below. It helps me to plan future meetings. Please let me know of any talks you may have heard and think others would find interesting

Jan Brown speakersecretary@heybridgeu3a.org.uk

Important Information Regarding Park and Ride services

Esssex County Council wants to start charging all senior bus pass holders £1.50 per journey to reduce the £447,000 per year it spends on the service.

These proposals would apply not only to Park and Ride but to the Broomfield Hospital shuttle service too.

At the moment, of course, we bus pass holders can use all these services free after 9am. If these proposals go through, only disabled bus pass holders would continue to enjoy free travel after 9am.

The proposed changes are due to come into effect on April 1st next year. Meanwhile the county council has put the matter out to public consultation online and is inviting our opinions on them.

The consultation ends on July 31st.

For full details, and a chance to have your say, visit

www.essex.gov.uk/park-and-ride-fares-consultation

GROUP REPORTS

Art Group

Our Friday meetings have been fairly quiet during the last few weeks as summer holidays and live tennis on TV tend to lure members away from their paints and brushes.

However, there are usually enough of us to make for a convivial and creative afternoon.

A fairly recent innovation is the U3A art 'shop' or, if you prefer, the great giveaway.

This happens when a member finds they have too many art tutor books, brushes or other useful bits of kit.

These are plonked in the middle of our big central table at the beginning of the session and fellow painters are invited to help themselves - usually for free.

What a caring, sharing lot we are!

Gill Carpenter.

For information about this group contact Tina Martin

Bird Watching Group

It is wonderful what you can see when you walk slowly round your local area. We borrowed Tesco's car park in Maldon as our meeting place this month and took a walk up the Blackwater to Beeleigh Lock. The tide was high as we set off so we were able to watch cormorants as they hunted for fish in the river. We hardly started when a buzzard came over as it was chased by crows. Val spotted a reed bunting in the reeds by the golf course. As we wandered we noted little egrets, shell ducks, a mallard with some very young ducklings, all the usual things. We half hoped to see the kingfisher up near Beeleigh but it did not oblige. We don't just watch for birds and had fun trying to identify all the butterflies and dragonflies which surrounded the path.



Kestrel shopping at Tesco! Jill Little Egret at Beeleigh Falls

We will be having a rest from birding for the next couple of months as all the birds moult and finish bringing up their families but we will meet in July to look at some of the birds and wildlife that live in the Amazon rain forest. (Jill's holiday snaps!!!) In September we are hoping to go to RSPB Wallasea Island, where all the soil from Cross Rail has been dumped and made into wonderful bird reserve. We will be looking for migrants – some going south whilst others will stay and over-winter in the UK

If you would like to join us then contact Maureen Lenoir at symockturtle@yahoo.com. We are out and about on the 4th Friday of each month".

Cards and Paper Crafts

We had to change the date of meeting this month due to holidays. Only 3 of us got together this time and enjoyed making Birthday cards and Christmas cards as well as a template for an owl box.

As the Suffolk Punch Trust trip coincides with our usual meeting we have postponed our usual get together until 8th July.

Linda Lesley Woonton

Creative Writing Group

We met at Angela's house this month for an afternoon of story-telling followed by tea and biscuits. The subject was "Fitting In" and we were assigned the task of restricting our writing to 800 words. We had a short discussion on the difficulties and discipline needed to contain our work in this way but, that being said; as usual our ideas were varied. We kicked off with a description of a woman who had purchased a run-down cottage in a picturesque village and how she managed to find her niche within village life. This was followed by a story of a mother standing at the school gate worrying about whether her son was fitting into school life and reflecting on her own childhood difficulties.

Our third piece of writing was entitled Acts of Kindness (unfortunately interrupted by members having to move their cars to facilitate refuse collection) and told the story of an elderly lady living on her own and her quest for a daily paper. Next we switched to the trials and tribulations of a 15 year old who had been trying various clubs, including a school choir in order to feel connected to her peers. She noticed a card in a shop window asking for help at a Cat Home. 6 months down the road she felt happier as she slotted into that environment very nicely. We then turned from teenagers to a dog tale. Poor despondent Betty (whose cruel owners had left her to be taken care of in a house which had five other dogs) was finding life very difficult. Would she be able to fit in or did she need to escape. Last but by no means least we were entertained by a very funny story, with which we could all emphasise. It told of a 65 year old retiree who was having difficulties being out of the workplace and being at home. His wife suggested he visit the local library for inspiration and after researching many alternatives, eventually opted for a Creative Writing Group via the U3A.

All in all a very pleasant afternoon so thank you Angela for your hospitality.

Our next meeting is on the 24th July at 2.30pm at Angela's house.

We have a choice of topics. "Just Say No" or "A Fresh Start" – 800 words max.

Angela.

Croquet Group

This month surprisingly, although we have had such wet weather for June, we managed to play on both Thursdays. On the first Thursday George managed a 'jump shot'. On the second Thursday I was away and Yvonne very kindly stood in for me with Roger as whistle blower. Twelve played and Christine did a 'hoop in one', well done. We play on the first and third Thursdays of each summer month for gentle exercise, good company and fun.

Anne Newson.

Discussion Coffee Morning Group

We met at my house on Friday 21 June. In between the various topics of conversation we enjoyed some savoury and sweet snacks to accompany our tea/coffee. I hate to admit it but at one point we actually mentioned Christmas markets!

Our next meeting will be at 11.00am on Friday 19th July at Marilyn Corbett's house.

Margaret Brown

Eat the world A dining experience from other countries

There has been overwhelming interest in this new group and it is now full.

The first stop on our travels will be Turkey. Tuesday 23rd July 12.30

We will be eating at 'Sark' in Maldon and look forward to trying Babaganoush Patlican Ezme, Aubergine Ratatouille Satsuka, Shish Kebabs, Kofte and Falafel!

Liz Cawdell

Family History Group

We welcomed two newcomers this month. Gillian Reeves and Patricia Schofield.

Patricia (Pat) has never attempted Family History before, but decided to try it 'why not' it could be interesting. Gillian is a veteran and has been researching her family for about 20 years.

We were entertained with her story of her father-in-law, who left the marital home when Gill's husband was 5/6 years old, so not exactly a devoted father.

Fast forward several years to when a family of three arrived claiming they were her husband's half siblings! Gill and her husband are now looking forward to a meeting/reunion of the half/siblings and their families! There is a possibility there are more waiting to emerge from the woodwork. Her Christmas card list has just increased. Families! Don't you just love 'em?

Continuing the story from the March newsletter of Pat Smith's research into her London ancestor buried in, St Martins in the Fields church.

Pat visited the church recently and chatted to the resident archivist and discovered the amazing tale of the London 'death train' from Waterloo station to Brookwood cemetery Woking Surrey.

Waterloo was the terminus for the London Necropolis railway and operated in 1854 to alleviate the severe overcrowding in London's existing graveyards. The location was within easy reaching distance of London, but distant enough not to pose any risk to public hygiene.

There were private waiting rooms for the bereaved and funeral services could be arranged. In 1899 - because it was blocking the expansion of Waterloo station - an agreement was made with the cemetery and the London Necropolis Company to relocate it to Westminster Bridge Road.

In 1941 the station was heavily damaged in an air raid and deemed no longer viable. So, for 80/90 years it had been shuttling bodies from London to Surrey, including the re-internment of the deceased from St Martin in the Fields, when they emptied the catacombs.

Pictured is Elizabeth MacIntosh (nee Lewis) 1849-1939. Maternal Great Grandma of Family History member Diane Cox.



See you July 25th

Jean Rogers

French Conversation



Eight of us attended the June meeting and spent most of the time talking (*en français, bien sûr*) about what we had done during the previous month. Pat Long had celebrated a significant birthday, so we sang *Joyeux Anniversaire* and enjoyed some of her birthday cake which she brought in to share with us all.

Our next meeting is at the Plantation Hall on Wednesday 10th July, 10h00 – 12h00, when we will be discussing the cult of celebrity and identifying those who we most admire and why.

Jenny Parker

Local History Group

On June 18th we went to Harwich to see the Fort and LV18 and had a very interesting day out.



Welcome from the Harwich Town Crier

Harwich Redoubt

The Redoubt was built between 1808 and 1810 to protect the port of Harwich against the threat of Napoleonic invasion. It was part of the scheme that included the construction of 29 Martello Towers on the Anglian coast. The Redoubt is of circular shape, approximately 200 ft. in diameter, with a central parade ground of 85 ft. diameter. Hoists lifted shells from the lower level to the gun emplacements. It is similar in design to earlier redoubts at Dymchurch and Eastbourne.

Though difficult to imagine as it is now surrounded by houses, when the Redoubt was built, it was on a hill top with free views in all directions.. It is said that French prisoners of war were made to help in the construction

Following a listing as an Ancient Monument, the restoration of the Harwich Redoubt began in July 1969 and has continued until the present day. When restoration began, one of the 9-inch 12 ton RML guns was discovered buried in the (dry) moat - it had been pushed in when it became obsolete, as they were too large and solidly constructed to be broken up for scrap.

Currently open as a museum, the Redoubt is the largest ancient monument in the UK being restored by a voluntary group. In addition to some of the original guns that armed the Redoubt, including the 9-inch RML, there are a number of other guns on display. Around the parade ground on the lower level, the various rooms are either fitted out in reconstruction of how they might have looked, or are used as display rooms for other exhibitions. Exhibitions include a large number of replica firearms. Battle re-enactments and other events are held during the summer months

Light Vessel 18

The Lightvessel LV18 was a surprise but what a great thing to visit. We wandered all over it, looking in the cabins, on the various decks and learned all about lightships. But the unexpected surprise was the large collection of old radios, TVs and other electric equipment in one of the cabins. It was clear that a real enthusiast had put the display together. We also learned about its use as a Pirate radio base vessel and some of the history of pirate radio. The experience was completed by going up to the broadcast studio and playing "A whiter Shade of Pale" by Procul Harem while sitting in an armchair gazing out of the window and imagining yourself as a Pirate radio DJ.



The Lantern Array on LV18

Our next meeting will be a visit to the Ministry of Defence run Foulness Island on SUNDAY 4th August, which is one of their public open days. We would meet there for 11.45 am.

Please contact Carol for more information

Music Appreciation Group

We had the Carpenters playing as we started our meeting as, this month, we were celebrating the letter C. So we indulged ourselves in music featuring the clarinet, cello, clarinet and cornet. We heard some chamber music, a couple of concertos and some choral music. *Carmina Burana* and *Claire de Lune* featured on the playlist and we heard from a countertenor singing Vivaldi and the lyrical tenor Jose Carreras who sang *Maria* from *West Side Story*.

There are many composers whose names begin with C and we heard from a selection including Corelli, Eric Coates, Canteloube, Thomas Campion, Chabrier, Cherubini, Bob Chilcot, John Cage, Jeremiah Clarke, Chevalier de Saint Georges, Samuel Coleridge-Taylor and Chopin. So, as ever, we had a wide range of music some of which was familiar and some of which was new to us all.

Philippa Moody

Needlecraft

Due to other commitments there were only 3 of us this month. However we enjoyed hand sewing and cross stitch and the obligatory natter about anything and everything whilst sewing. We meet as normal next on 15th July at my house

Hilary Furniaux

Painting 2

We are now in the summer solstice and there are lovely flowers blooming in our gardens. Some people in our group love to paint flowers so they have a wide variety to enjoy. We all have our preferred subjects, e.g. portraits or landscapes or still life. A new Sky Arts programme will soon be coming on to Sky to compete for the Landscape Artist of the year using amateur and professional painters. The series lasts for several weeks and it is interesting to watch the different methods they use. Some of them use oils but we may only use watercolours or acrylics or pastels in the Claydon Room. However oil paints are difficult to use as they take a long time to dry and acrylic paint dries very quickly and is a pleasure to use.

We are now starting a new quarter for the hire of the room and when you read this we will already have had our July meeting, which is the second Monday of each month. The next date will be 12th August, so please tell me if you have holidays booked.

Barbara Barbrook

Patchwork Group

The patchwork group met on 10th June at 2pm in Linton Room W.M.C.C.
No meetings in July or August.

For more information please contact Anne Thorpe.

Petanque Group

The ice creams have been going down well, very welcome after our games of Petanque. We only missed one Monday due to the rain, this past month, which is great really. Numbers have been pretty steady too, 14/16 players, so all in all a successful few weeks. We still have, hopefully, many more Petanque games to enjoy on the prom.

There will be no formal Petanque Game on Monday July 29th, however, as some of us will be going to the summer lunch

Many Thanks....Dian

Photography Group

We met at our usual venue to view and discuss the three photos that our members had submitted for the "Church / Churchyards " assignment followed by a short video of a Little Egret that Norman had shot using his camera.

Peter then demonstrated converting a photo into a watercolour painting by using the 'Watercolour Artist' application in Photoshop and explained how adjustments could be made to enhance the appearance of the finished picture.

If you are interested in photography or want to understand more about your camera or cameraphone, you are welcome to come along and join us. We meet in the West Maldon Community Centre on the first Thursday of each month at 2.00pm.

Norman Grove

Reading and Books Group

We had a lively discussion about "A Delicate Truth" by John Le Carre, with varying opinions being expressed about the book.

Our next meeting is on Wed 17th July at 2pm in Elizabeth's home in Heybridge Basin, when we shall be discussing "The Ghost Tree" by Barbara Erskine. If you are interested in joining the group, please email or telephone Margaret Hurst

Scrabble Group

It's always nice to welcome a new member to the group: Annie joined us for the June meeting and quietly built up an impressive score! In addition Manon came for a second time, so despite a few members being away we had two boards out and a convivial atmosphere. We talked about the slight rule variations found in some of the online Scrabble-type games that can cause a bit of confusion when playing with a real competitor in the 'proper' game. We try to learn new words and their meanings, making good use of Scrabble dictionaries and helpful lists, for example of 2 and 3 letter words.

If you would like to joins us, the next meeting will be on Tuesday 23rd July at 2.00pm, again at Angela's

Linda Etherton

Technical Computing Group

This month's meeting took place at my house, where most members attended. We commenced by my talking about the latest Windows 10 update (1903). Apparently some users have experienced problems with this upgrade in that the 'Brilliance and Colour' stops working, but only if you have an Intel graphic-chip fitted, which is not usual. Advice is not to download it yet, wait about a month.

Later we discussed in some detail how to see what your 'Router' is seeing on your wireless or hard wired devices as this can be useful if you think someone close by has logged onto your system. Once found, you will then be able to change the Router password to stop this happening.

We have decided to not have a meeting in July and August due to members holiday commitments, our meetings will resume in September. Anyone with a basic understanding of computers is welcome to come to one of our meetings. Please contact me in the first instance.

Colin Mason (Cog email colin.mason@yahoo.com)

Ten Pin Bowling

Ten players arrived to an empty alley at Madison Heights on Tuesday 11th June , which was just as well as we made quite a lot of noise!

We were happy to have Brenda to join us as a new player and hopefully we made her welcome. We played over 3 lanes and the middle lane was particularly noisy as Graham and Simon made Turkeys (3 strikes in a row) in quick succession. Margaret was also playing a blinder, just missing a Turkey by one pin, and ended as the highest lady player with 132. Graham achieved 161 in two of his games and was the highest overall scorer.

This is my last report as COG as I will be handing over to Peter next month. Thanks to all my lovely fellow players and continue to enjoy your bowling!

Next meeting is on Tuesday 9th July at the usual time, usual place. New members always welcome!

Lynne Morrison

Ukulele Group UKE3A

We generally meet once a month but, if we have an upcoming gig, we sometimes manage to squeeze in an extra practice session, just to be on the safe side.

In July, however, our monthly get-together falls in the same week as the Heybridge Basin Regatta, when we will be providing some of the entertainment.

It will be our third regatta bash, and we know to expect a jolly audience - some of whom like to sing along with us, while others have been known to perform a lively dance!

As we are a bit short on numbers for this gig, we are pleased to welcome guest performer Carolyn, a U3A member from Colchester and soon-to-be Heybridge member too.

Carolyn learnt to play uke on a cruise ship last year, and she is well up to joining in with our repertoire and singing along, which gives 'yours truly' a bit of a break.

Gill Carpenter.

Walking Group

It was touch and go whether the walk around Tollesbury sea wall and town would take place as the rain had been on and off in the early part of the day. However, most of us decided to take the chance and we met in the Woodrolfe Road car park to begin our walk. Walking down to the sail lofts we chose the left hand path onto the sea wall which took us inland after a mile or so, following field edges and onto a path that was once a railway track from Tollesbury to Kelvedon which closed in 1940. We then came into one of the roads off the "High Street" from where we sauntered back towards the car park. We stopped on the way at The Lighthouse Café for tea or coffee and to thank the clouds for leaving us dry all the way around.

Our next walk will be on Thursday 11th July starting at 2pm. **A reminder** – There will not be a walk during August.

If you would like to join us, please contact Linda , see the last page of the newsletter for details.

Linda Wells.

Weekday Lunch Group

Although we had a very pleasant meal we were very down on numbers. We were at The Bell, Woodham Walter. This is quite a small pub but very attractive and serves very good food.

We hope that all those who were away on their holidays will be able to join us next time.

Jean Perrott.

Weekenders Group

A second group of Weekenders visited the charming garden at Whitehouse Cottages in Woodham Walter this month and once again enjoyed a lovely summer afternoon.

On a different occasion we had a light but very good lunch at the nearby pub –

The Cats, Woodham Walter – another local gem!

Then on 22nd June we met at the Buckhatch Nursery and Garden Centre in Hanningfield which was new venue for us and well worth another visit.



At The Cats Woodham Walter

Dates and details of our next meetings

Saturday 20th July – We meet at The Braxted Bakery, Homefield House, Witham Road, Great Braxted CM8 3ET, at the usual time of 10.00.

Saturday 17th August – We meet 10.00 at the Lock Tearooms, Heybridge Basin.

Saturday 21st September – We meet at Perrywood Garden Centre at 10.00.

Please contact me if you need a lift.

Pat Smith

Yoga Group

Yoga is an ancient form of exercise from India that focuses on Breathing, Strength and Flexibility to boost physical and mental wellbeing. Exercises are performed in accordance with personal ability taking into account the medical history and any disability of each student. Self-awareness of ageing limitations must be considered. The results can lead to improvements in balance and relaxing and retention of remaining mobility.

Gloria Bomford

THE SUFFOLK PUNCH TRUST and SNAPE MALTINGS

Ach, the day started so well! We were blessed with 'Goldilocks Weather' – not too hot, not too cold, and just right. We chuckled at the sight of a robotic lawn mower outside Doe's, followed a van advertising 'gravestone cleaning services' (who knew?!!) were spooked by a maniacal scarecrow woman guarding a field of broad beans and navigated our way down country lanes wide enough, or so it seemed' only for bicycles – all during harvest-time when the lanes were full of tractors and trailers!



We arrived at the Suffolk Punch Trust to be greeted by the news that the pre-booked buffet lunch information hadn't been relayed to the kitchen staff. Never mind, we were all able to pre-order our lunches which were ready for us on the dot of 12.30 p.m. Well done, kitchen staff.

We had a brief introductory talk about the history of the Trust, how few breeding Suffolk Punches there are left and how the Trust is entirely dependent on fund-raising.

At that point, we discovered that our pre-booked horse and trailer ride information had not been relayed to the stable staff and they had prepared a tractor and trailer ride! Could there be any more hitches! Well, yes, as it happens..... (See what I did there?!!). As if by magic,

the tractor morphed into two magnificent specimens of Suffolk Punch horses which had been hastily harnessed and hitched up to the trailer and we were able to enjoy a horse-drawn tour of the farm.

We visited the Implement Barn where examples of horse-drawn farming machinery were enthusiastically explained to us by our guide who had the most delightful Suffolk accent!

Visits to the Stables and the Heritage Museum rounded off a lovely visit. For those of you who will be enjoying the company of your grand-children over the summer holidays, I would highly recommend a visit here!

On the way home, a quick 'pop-in' to Snape Maltings for a browse around the shops rounded off a lovely day.

<https://www.thesuffolkpunchtrust.co.uk/>

<https://snapemaltings.co.uk/>

Liz Cawdell

Details of Events

HIGHGATE CEMETERY

Monday 7th October £30 per person **X 2 SEATS LEFT!!!**

Guided tour of the West Cemetery. Self-guided visit to the East Cemetery



With its sinuous paths winding up a steep wooded hill and ivy-clad monuments, here is a secluded funerary landscape at its most evocative. There are approximately 170,000 people buried in around 53,000 graves across the West and East cemeteries. Many famous people are buried here and the West Cemetery is designated Grade II on the Register of Historic Parks and Gardens.

***Visitors to the West cemetery should be aware that the paths are steep, and the tour route includes two flights of stairs with no seating opportunities. The East cemetery is on a gentler slope with no steps and predominantly tarmac paths. The tour takes about 75 minutes and will take place come rain or shine!**

Diary of Meetings and Visits For details see articles and co-ordinators above

Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 July	1 Petanque 14.00 Suffolk punch trust outing	2 Weekday Lunch 12.30	3 Ukulele 14.00 Yoga 14.00	4 Croquet 10.00 Photography 14.00	5 Committee Meeting 10.00 Painting 14.00	6	7
8 July	8 Petanque 14.00 Painting 2 14.00 Cards & paper 14.00	9 Ten pin 14.00	10 French Conversation 10.00 Yoga 14.00	11 No Computing Walking 14.00	12 Monthly Meeting 14.00	13	14
15 July	15 Petanque 14.00 Needlecraft 14.00	16 Local History No Meeting	17 Reading & Books 14.00 Music 14.00 Yoga 14.00	18 Croquet 10.00	19 Coffee Morning 11.00 Painting 14.00	20 Weekenders Braxted Bakery 10.00	21
22 July	22 Petanque 14.00	23 Eat the World 12.30 Scrabble 14.00	24 Creative Writing 14.30 Yoga 14.00	25 Family History 10.00	26 Bird watching 10.00 Painting 14.00 Copy to Editor	27	28
29 July	29 Petanque 10.00	30	31	1 Aug Croquet 10.00 Photography 14.00	2 Painting 14.00 Committee Meeting 10.00	3	4 Local History Foulness 11.45
5 Aug	5 Petanque 14.00 Cards & paper 14.00	6 Weekday Lunch 12.30	7 Ukulele 14.00	8 No Computing No Walking	9 Monthly Meeting 14.00	10	11
12 Aug	12 Petanque 14.00 Painting 2 14.00 Patchwork No meeting	13 Ten pin 14.00	14 French Conversation 10.00	15 Croquet 10.00	16 Coffee Morning 11.00 Painting 14.00	17 Weekenders Lock Tearooms 10.00	18
19 Aug	19 Petanque 14.00 Needlecraft 14.00	20 Local History No Meeting	21 Reading & Books 14.00 Music 14.00	22 Family History 10.00	23 No Bird watching 10.00 Painting 14.00 Copy to Editor	24	25
26 Aug	26 Bank Holiday	27 Eat the World 12.30 Scrabble 14.00	28 Creative Writing 14.30	29	30 Painting 14.00	31	1 Sep